

Title of Material: \_\_\_\_\_

Publisher: \_\_\_\_\_

Reviewer: \_\_\_\_\_

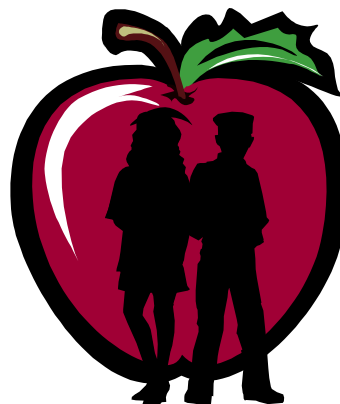
Percentage of Standards: \_\_\_\_\_

**Grade One--possible 25 (content knowledge & skills)**

(Number of Yes checks divided by 25 = percentage)

# Idaho Achievement Standards

## Health for Grade One



**777 HEALTH STANDARDS – GRADE ONE, SECTIONS 778 THROUGH 782.**

**778 HEALTHY LIFESTYLES.**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Acquire the essential skills to lead a healthy life.	a. Identify the difference between exercise and stretching.	Indicate Page No	
	b. Tell how germs are spread and describe how the body fights diseases.	Indicate Page No	
	c. Identify safety procedures.	Indicate Page No.	
	d. Explain a variety of emotions and understand that they can be managed successfully.	Indicate Page No.	
	e. Differentiate between over-the-counter and prescription drugs.	Indicate Page No.	
	f. Explain how the use of known and unknown substances can be hazardous.	Indicate Page No.	
	g. Recognize a nutritional diet is necessary to maintain a healthy body.	Indicate Page No.	
	h. Describe how a person can take care of different body parts.	Indicate Page No.	
	i. Describe each person's contribution to the family.	Indicate Page No.	
	j. Identify the use of health products.	Indicate Page No.	
	k. Describe pollution	Indicate Page No.	

**779 RISK-TAKING BEHAVIOR**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	a. Recognize that germs cause disease.	Indicate Page No	
	b. Explain the necessity for rules for acceptable and unacceptable behavior.	Indicate Page No	
	c. Determine how to make a responsible choice.	Indicate Page No	
	d. Discuss risky behavior.	Indicate Page No.	

**780 COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.**

Standards - The student will:	Content Knowledge and Skills:	YES	NO
01. Demonstrate the ability to use communication skills to enhance health.	a. Share positive ways to express feelings.	Indicate Page No	
	b. Identify refusal and decision-making skills.	Indicate Page No.	
	c. Demonstrate communication skills.	Indicate Page No.	

**781. CONSUMER HEALTH.**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	a. Identify examples of health products.	Indicate Page No	
	b. Identify labels on health products.	Indicate Page No	

	c. Recognize roles of health workers in the school and community.	Indicate Page No.	
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**782. MENTAL AND EMOTIONAL WELLNESS.**

Standard – The student will:	Content Knowledge and Skills:	YES	NO
01. Understand and demonstrate the key components to positive mental and emotional health.	a. Demonstrate feelings	Indicate Page No	
	b. Identify how each person is unique and worthwhile, both physically and emotionally.	Indicate Page No.	
	c. Describe physical activities one enjoys.	Indicate Page No.	
	d. Recognize trusted adults who can provide assistance.	Indicate Page No.	